

Child Weight and Physical Activity

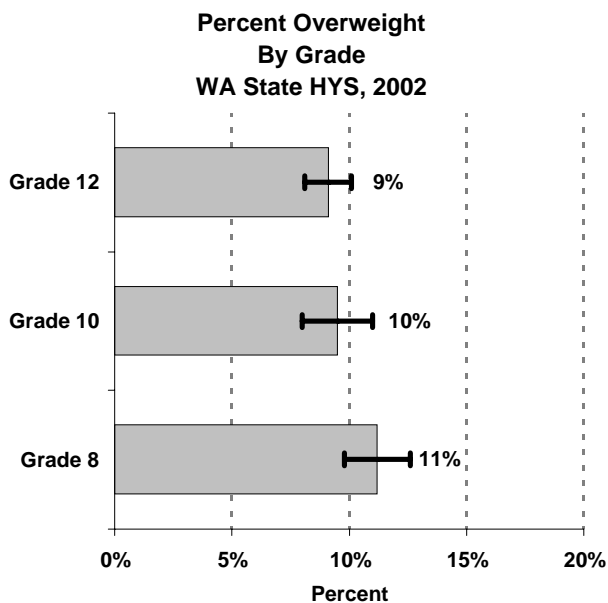
Definition: Children are considered overweight if they are in the top 5% for body mass index by age and gender based on growth charts developed by the Centers for Disease Control and Prevention (2000). Students are considered at risk for being overweight if they are in the top 15% but not in the top 5%.

Key Findings

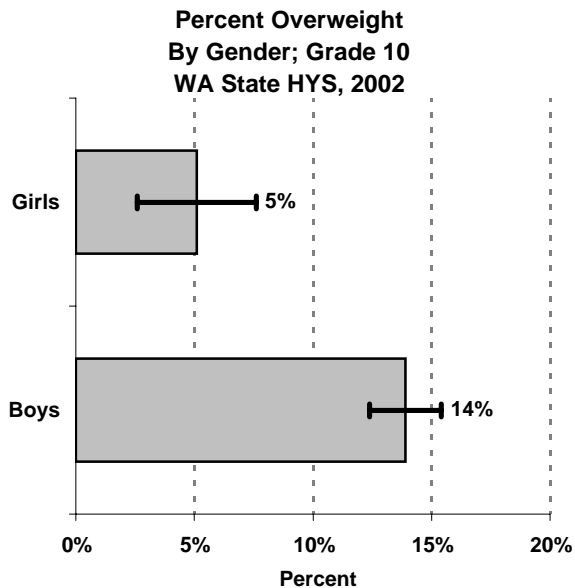
- ❖ In 2002, about 10% of Washington 8th, 10th and 12th graders were overweight based on self-reported height and weight. Nationally, the percentage of children and adolescents who are defined as overweight has more than doubled since the early 1970s. About 15% of United States children and adolescents are now overweight.^{1,3}
- ❖ In Washington, about a third of students in grades 8, 10 and 12 reported engaging in moderate physical activity (at least 30 minutes 5 or more days a week). The Healthy People 2010 target is for 35% of adolescents to engage in moderate physical activity.^{1,2}
- ❖ Older students are less likely than younger students to engage in vigorous cardiovascular exercise. In Washington, approximately 75% of students in Grades 8 and 10, and about two-thirds of students in Grade 12 engaged in vigorous physical activity (at least 20 minutes 3 or more days a week). The Healthy People 2010 target is for 85% of adolescents to engage in vigorous physical activity.^{1,2}
- ❖ In Washington, older students are more likely to report that they did not attend a physical education class in an average week: About 30% of 8th graders did not attend a physical education class in an average week compared to about 60% of 12th graders.²
- ❖ Generally, boys are more likely than girls to engage in daily vigorous physical activity: For instance, among 12th graders, about 70% of boys meet the recommendations for physical activity, as compared to about 57% of girls.²
- ❖ More than one in four Washington State 8th graders report drinking 2 or more sodas the previous day. Students who regularly eat dinner with their family are more likely to eat fruits and vegetables 5 times or more a day, and are less likely to have had two or more sodas on the previous day. (Data not shown)²
- ❖ Students who watch television 3 or more hours a day during school days were about twice as likely to be overweight than students who watch television 2 or less hours a day. The Healthy People 2010 objective is to increase the proportion of adolescents who view television 2 or fewer hours on a school day to 75%.^{1,2}

Child Weight and Physical Activity (cont.)

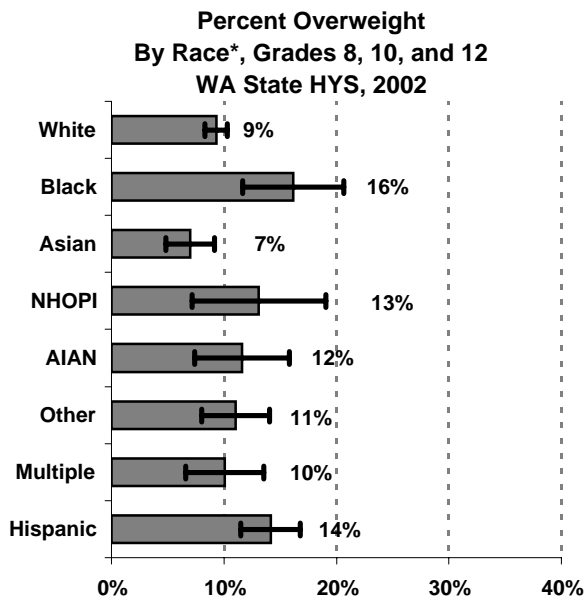
Grade



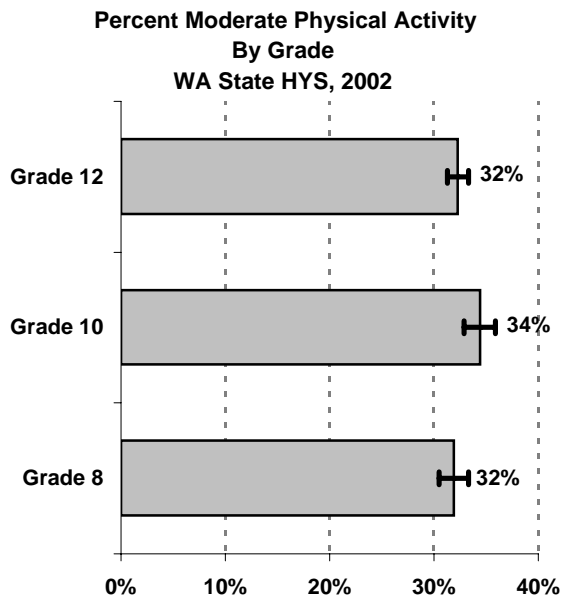
Gender



Race and Ethnicity



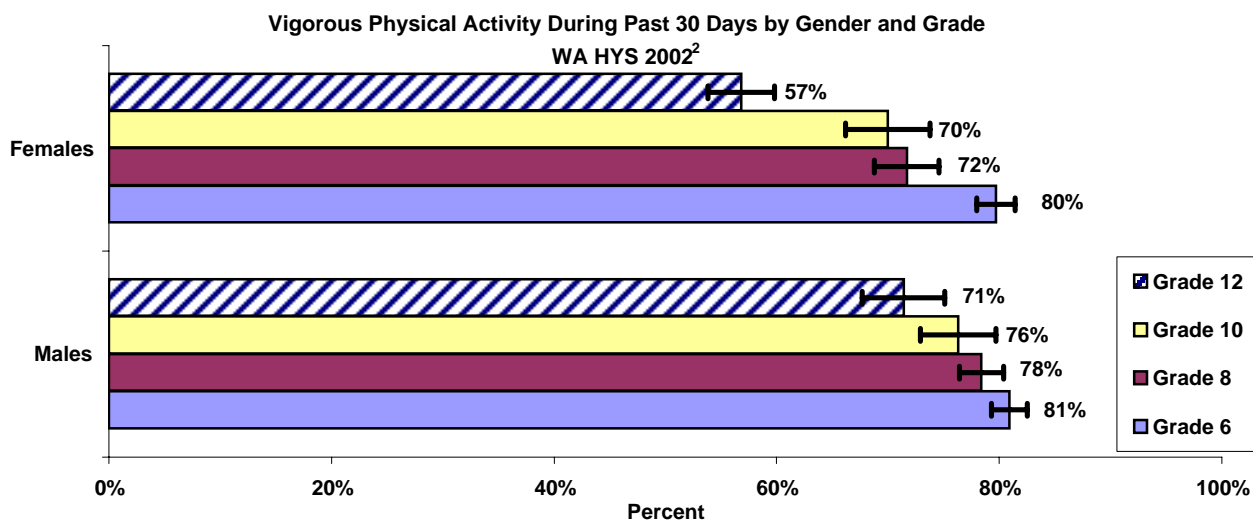
Moderate Physical Activity



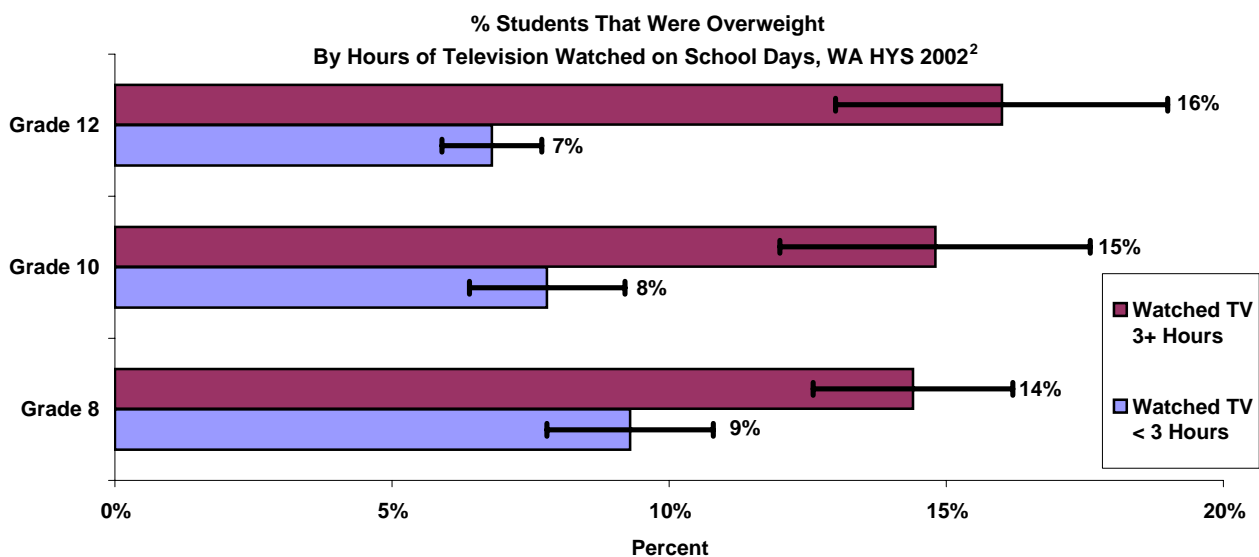
**In the Healthy Youth Survey, Hispanic ethnicity is asked in the same question as race. Students are asked to choose one or more races, including Hispanic ethnicity, as appropriate.*

Child Weight and Physical Activity (cont.)

Physical Activity



Television Watching



Data Sources

¹ Department of Health and Human Services (US). Healthy People 2010: Understanding and Improving Health. 2nd edition. Washington, DC: US Government Printing Office; November 2000.

² Washington State Office of Superintendent of Public Instruction, Department of Health, Department of Social and Health Services, and Department of Community, Trade, and Economic Development and RMC Research Corporation. Washington State Healthy Youth Survey 2002: Analytic Report. In preparation.

Health United States 2002, National Center for Health Statistics, Centers for Disease Control and

³ Prevention.